"My own experience was having to fight to get through teacher training because I was lesbian. We were well into the course when I was told I had to separate from my girlfriend or leave. Lots of struggles to get back for the Phase III. Then continued harassment, being asked if I was celibate. But Maharishi was not celibate, although he insisted others should be. In fact, there's some evidence he had some homosexual encounters when his harem of women wasn't available.
Otherwise, things you probably already know. Financial fraud. Millions and millions siphoned off to India. Milking millionaires of their money, then tossing them to the curb when there was no more left. Overworking people on Purusha to the point of illness. Kicking people out of these permanent rounding courses when they became ill or did some minor infraction. Relying on volunteer labor. Then all the tightening of regulations. How to dress. What to read. Don't go listen to other spiritual teachers or we'll kick you out. It got worse and worse from what I hear."

BEHAVIOR CONTROL	YES	NO	UNSURE ETC.
Regulate individual's physical reality	x		
Dictate where, how, and with whom the member lives and associates or isolates	x		
When, how and with whom the member has sex	x		
Control types of clothing and hairstyles	x		
Regulate diet – food and drink, hunger and/or fasting	x		
Manipulation and deprivation of sleep		x	
Financial exploitation, manipulation or dependence	x		
Restrict leisure, entertainment, vacation time	x		
Major time spent with group indoctrination and rituals and/or self indoctrination including the Internet	x		
Permission required for major decisions			x
Rewards and punishments used to modify behaviors, both positive and negative	x		

Discourage individualism, encourage group-think				
Impose rigid rules and regulations	x			
Punish disobedience by beating, torture, burning, cutting, rape, or tattooing/branding		x		
Threaten harm to family and friends		x		
Force individual to rape or be raped		x		
Encourage and engage in corporal punishment		x		
Instill dependency and obedience	x			
Kidnapping		x		
Beating		x		
Torture		x		
Rape		x		
Separation of Families			x	
Imprisonment		x		
Murder			x	There have been some reports, but I'm not prevy to the information.
INFORMATION CONTROL				
Deception:	x			
a. Deliberately withhold information	x			
b. Distort information to make it more acceptable	x			
c. Systematically lie to the cult member	x			
Minimize or discourage access to non-cult sources of information, including:	x			
a. Internet, TV, radio, books, articles, newspapers, magazines, media	x			
b. Critical information	x			
c. Former members	x			
d. Keep members busy so they don't have time to think and investigate	x			
e. Control through cell phone with texting, calls, internet tracking			x	

Compartmentalize information into Outsider vs. Insider doctrines			
a. Ensure that information is not freely accessible	x		
b. Control information at different levels and missions within group	x		
c. Allow only leadership to decide who needs to know what and when	x		
Encourage spying on other members			
a. Impose a buddy system to monitor and control member	x		
b. Report deviant thoughts, feelings and actions to leadership	x		
c. Ensure that individual behavior is monitored by group	x		
Extensive use of cult-generated information and propaganda, including:			
a. Newsletters, magazines, journals, audiotapes, videotapes, YouTube, movies and other media	x		
b. Misquoting statements or using them out of context from non-cult sources	x		
Unethical use of confession			
a. Information about sins used to disrupt and/or dissolve identity boundaries	x		
b. Withholding forgiveness or absolution	x		
c. Manipulation of memory, possible false memories		x	
THOUGHT CONTROL			

Require members to internalize the group's doctrine as truth				
a. Adopting the group's 'map of reality' as reality	x			
b. Instill black and white thinking	x			
c. Decide between good vs. evil	x			
d. Organize people into us vs. them (insiders vs. outsiders)	x			
Change person's name and identity		x		
Use of loaded language and clichés which constrict knowledge, stop critical thoughts and reduce complexities into platitudinous buzz words	x			
Encourage only 'good and proper' thoughts	x			
Hypnotic techniques are used to alter mental states, undermine critical thinking and even to age regress the member		x		I don't think meditation is the same as hypnosis
Memories are manipulated and false memories are created		x		
Teaching thought-stopping techniques which shut down reality testing by stopping negative thoughts and allowing only positive thoughts, including:		x		
a. Denial, rationalization, justification, wishful thinking	x			
b. Chanting	x			
c. Meditating	x			
d. Praying		x		
e. Speaking in tongues		x		
f. Singing or humming		x		

Rejection of rational analysis, critical thinking, constructive criticism	x		
Forbid critical questions about leader, doctrine, or policy allowed	x		
Labeling alternative belief systems as illegitimate, evil, or not useful	x		
Instill new "map of reality"	x		
Manipulate and narrow the range of feelings – some emotions and/or needs are deemed as evil, wrong or selfish	x		
Teach emotion-stopping techniques to block feelings of homesickness, anger, doubt			x
Make the person feel that problems are always their own fault, never the leader's or the group's fault	x		
Promote feelings of guilt or unworthiness, such as:			
a. Identity guilt	x		
b. You are not living up to your potential	x		
c. Your family is deficient		x	
d. Your past is suspect	x		
e. Your affiliations are unwise	x		
f. Your thoughts, feelings, actions are irrelevant or selfish		x	
g. Social guilt	x		
h. Historical guilt			x
Instill fear, such as fear of:			
a. Thinking independently	x		

b. The outside world	x		
c. Enemies	x		
d. Losing one's salvation	x		
e. Leaving or being shunned by the group	x		
f. Other's disapproval	x		
Extremes of emotional highs and lows – love bombing and praise one moment and then declaring you are horrible sinner		x	
Ritualistic and sometimes public confession of sins		x	
Phobia indoctrination: inculcating irrational fears about leaving the group or questioning the leader's authority			
a. No happiness or fulfillment possible outside of the group		x	
b. Terrible consequences if you leave: hell, demon possession, incurable diseases, accidents, suicide, insanity, 10,000 reincarnations, etc.		x	
c. Shunning of those who leave; fear of being rejected by friends and family		x	
d. Never a legitimate reason to leave; those who leave are weak, undisciplined, unspiritual, worldly, brainwashed by family or counselor, or seduced by money, sex, or rock and roll		x	
e. Threats of harm to ex-member and family			x